

Pain relief during venipuncture

In accordance with our guidelines, children under 7 should always have access to pain relief during venipuncture. EMLA® sticking plasters or cream are used for pain relief.

We apply at least two sticking plasters or cream to the crook of the arm, the back of the hand or to the foot.

The plaster or cream should be applied to the skin for 1 hour, sometimes longer, to provide optimal pain relief.

If you wish, you can remove the plaster yourself, otherwise please ask one of the nursing staff to help you.

Once the plaster is removed, approximately 10-15 minutes should pass before the sample is taken.

The numbing sensation lasts for about 2 hours after the plaster has been removed.